

The **Victory**

Protect Antibiotics, So They Can Protect You!

Taking antibiotics when they are not needed can cause bacteria to become resistant to the antibiotic.



These resistant bacteria are stronger and harder to kill. These "superbugs" can stay in your body and cause severe illnesses that can no longer be cured by once-effective antibiotics. To avoid the threat of antibiotic-resistant infections, avoid taking unnecessary antibiotics.

Antibiotic knowledge is your best defense

- Antibiotics are strong medicines, but they cannot cure everything
- Antibiotics kill bacteria, **NOT** viruses
- When not used correctly, antibiotics can be harmful to your health

The Winning Score!

YOU

14

SUPERBUGS

0

GUARD AGAINST Antibiotic Overuse



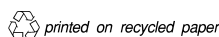
Use Antibiotics Wisely!

Talk with your health care provider about the right medicines for your health.

NEBRASKA HEALTH AND HUMAN SERVICES SYSTEM



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1-888-246-2675
www.cdc.gov/getsmart

HAVE A WINNING Cold & Flu Season



Antibiotics **DON'T work on colds and flu.**

Learn about correct antibiotic use inside.

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Are You Feeling too Sick to Play?

Most illnesses are caused by one of two kinds of germs: bacteria or viruses.

Antibiotics are not always the answer. Antibiotics are strong medicines that kill bacteria, **NOT** viruses. Viral infections like the flu and common cold cannot be cured by antibiotics.

Using antibiotics for viral infections:

- Will **NOT** cure the infection
- Will **NOT** make you feel better
- Will **NOT** keep others from catching your illness

Use antibiotics only for bacterial infections and keep them as a strong member of your team.

If your health care provider prescribes an antibiotic:

- Follow the written instructions on the label
- Finish all of the medicine, even if you are feeling better
- Never share your antibiotics or save them for use at a later time



Put the antibiotic team on the bench for viral infections. Check this chart to find out which upper respiratory infections are usually caused by viruses.

Illness	Usual Cause		Antibiotic Needed?
	Virus	Bacteria	
Cold	✓		NO
Flu	✓		NO
Chest Cold (in otherwise healthy children and adults)	✓		NO
Sore Throat (except strep)	✓		NO
Bronchitis (in otherwise healthy children and adults)	✓		NO
Runny Nose (with green or yellow mucus)	✓		NO
Fluid in the Middle Ear (otitis media with effusion)	✓		NO

The Playbook

Is It a Viral or Bacterial Infection?

Talk with your health care provider to determine if it is a viral or bacterial infection. Your health care provider will decide and give you the best game plan to beat the infection.

Winning Strategies to Relieve Cold & Flu Symptoms

- Get plenty of rest
- Drink lots of liquids
- Pain and/or fever:
Use acetaminophen (Tylenol or equivalent) or ibuprofen (Advil, Motrin or equivalent)
- Congestion: Use a vaporizer or saline nasal spray
- Sore throat: Use ice chips, sore-throat spray, or lozenges (Do NOT give lozenges to young children)
- Cough: Use cough syrup with expectorant



"We want to work towards a day when patients, instead of asking for an antibiotic, ask for the best available treatment for their illness," Richard Besser, M.D.
Centers for Disease Control and Prevention